

**User Name:**Grizzly Bob  
**Coaching Background (level, year exp., etc.):**3 year HS Coach Div 1 Wrestler Cal Poly 83-86 Long Island HS Champion Sec. XI 80-81  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Intro to Collegiate Style Wrestling  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**Jogging Tumbling Static Stretching  
  
**Approx. Technique/Drilling Time:**30 min  
  
**Technique/Drilling Design:**Basic Offense in Neutral Position

* Set Ups
* Single Leg
* Double Leg Basic Defense in Neutral Position: Defending Single & double leg with counter offense

**Approx. Live Wrestling:**35 min  
  
**Live Wrestling Design:**

* Situational Round Robin
* Individual Match

**Approx. Conditioning Time:**20 min  
  
**Conditioning Design:**Cardio & Strength

* Jogging/Sprints
* Upper Body: Push Ups
* Lower Body: Sit Ups Stretching

**Total Practice Time Approx. 90 Minutes**

*Copyright © 2015 Kolat.com LLC*